

**A LEVEL**  
*Specification*

# **PHYSICAL EDUCATION**

@  
**St Joseph's College**



# Who ? What ? Where?

- Have a chat with the person next to you and find out :-
  - School
- Name
  - Report back
- Main sport and level if appropriate

## 2 The specification overview

### 2a. OCR's A Level in Physical Education (H555)

Learners take all components (01, 02, 03 and 04) to be awarded the OCR A Level in Physical Education.

| Content Overview  | Assessment Overview  |                                   |
|---|--|-----------------------------------|
| <ul style="list-style-type: none"><li>Applied anatomy and physiology</li><li>Exercise physiology</li><li>Biomechanics</li></ul>       | <b>Physiological factors affecting performance</b><br>(01)*<br>90 marks<br>2 hour written paper          | <b>30%</b><br>of total<br>A level |
| <ul style="list-style-type: none"><li>Skill acquisition</li><li>Sports psychology</li></ul>   | <b>Psychological factors affecting performance</b><br>(02)*<br>60 marks<br>1 hour written paper          | <b>20%</b><br>Of total<br>A level |
| <ul style="list-style-type: none"><li>Sport and society</li><li>Contemporary issues in physical activity and sport</li></ul>          | <b>Socio-cultural issues in physical activity and sport</b><br>(03)*<br>60 marks<br>1 hour written paper | <b>20%</b><br>of total<br>A level |
| <ul style="list-style-type: none"><li>Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI)</li></ul> | <b>Performance in physical education</b><br>(04)*<br>60 marks**<br>Non-exam assessment (NEA)             | <b>30%</b><br>of total<br>A level |

\* Indicates inclusion of synoptic assessment.

\*\* Examination is weighted up to 90 marks to equal the total marks combined for the two tasks.

Learners who are retaking the qualification may carry forward their result for the non-exam assessment component. See section 4a for details.

## 2 The specification overview

### 2a. OCR's A Level in Physical Education (H555)

Learners take all components (01, 02, 03 and 04) to be awarded the OCR A Level in Physical Education.

| Content Overview  | Assessment Overview   |                                   |
|---|---|-----------------------------------|
| <b>Christopherson</b> <ul style="list-style-type: none"><li>Applied anatomy and physiology</li><li>Exercise physiology</li><li>Biomechanics</li></ul> | <b>Physiological factors affecting performance (01)*</b><br>90 marks<br>2 hour written paper          | <b>30%</b><br>of total<br>A level |
| <b>Mr Brierley</b> <ul style="list-style-type: none"><li>Skill acquisition</li><li>Sports psychology</li></ul>  | <b>Psychological factors affecting performance (02)*</b><br>60 marks<br>1 hour written paper          | <b>20%</b><br>Of total<br>A level |
| <b>Mr Brierley</b> <ul style="list-style-type: none"><li>Sport and society</li><li>Contemporary issues in physical activity and sport</li></ul>       | <b>Socio-cultural issues in physical activity and sport (03)*</b><br>60 marks<br>1 hour written paper | <b>20%</b><br>of total<br>A level |
| <b>Mrs Christopherson<br/>Miss Grice</b> <p>Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI)</p>                 | <b>Performance in physical education (04)*</b><br>60 marks**<br>Non-exam assessment (NEA)             | <b>30%</b><br>of total<br>A level |

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# Biomechanics Challenge !!!



# Hook / Challenge if you wish to accept it?

- With your Heels against the wall see if you can touch the floor (keeping your legs straight !!!)
- Kneel on the floor and place your Olecranon process (elbow) against your knee. Now place a card level with the end of your index finger. With your hands behind your back see if you can pick the paper up with your teeth!! You are allowed to let your hands free if you are falling.
- Why did you fall over??



# Who is more stable? Why?

Line of Gravity





# Transition Work :- For September





Transition #1

- A.**
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
- Clue - S..... Joint

1. Joint Name - Eg. Shoulder (not this one!)
  2. Joint Type - Eg. C
  3. Movement Occurring
  4. Muscle Creating the movement - Prime mover / Agonist
  5. Antagonist
  6. Type of contraction - Isotonic - Concentric / eccentric or Isometric?
- Clue CV - N....



E..... Joint

- B.**
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
- Clue - A.....

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- D.**
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
- Clue - H.. Joint

- C.1.**
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
- Clue - K... Joi

- Wr... Joint

Do your own .....

.....Have a go!

- Pick a picture of your own sport .....
- Then add :
- Joint name
- Joint type
- Movement occurring
- Prime mover or agonist

There is one book that are recommended by OCR which contains all aspects of the course.

- **ISBN-10** : 1510473319
- **ISBN-13** : 978-1510473317

